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COVID19 QUARANTINE CENTRE LIVINGSTONE FOUNDATION INTERNATIONAL

KEVIJA-Ü/THAHEKHU, DIMAPUR

Managed by Western Sümi Hoho & Western Sümi Baptist Akukuhou Küqhakulu (WSBAK )

e-Newsletter

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# **SOME** DO'S & DON'TS:

COVID19

### Do's

- 1. Always use Wash Hand Hand or Sanitizer
- **Always Cov-**Your er Mouth Nose
- Consult **Doctor** Sick
- **Stav Indoors**
- Maintain So-Distancing

### Don'ts

- 1. Avoid Close Contact With Anyone
- Do Not Spit **Avoid Close** contacts
- **Don't Panic**
- Don't Touch Your Face, Eyes & Nose

WEDNESDAY

Vikiveto Noel Jimomi Jr. Accounts Assistant Treasuries & Accounts, Nagaland.

### You are You-nique

You are a single piece. No one other person is the same as you. You were born pre-packed with various assignments, and equipped with tools for completing those tasks assigned to you. Inasmuch as one prepares themselves for a travel or a business trip, God prepared you. He did meticulous research and packed you on purpose for a purpose.

The Psalmist declares that, "My frame was not hidden from You when I was made in the secret place. When I was woven together in the depths of the earth, Your eyes saw my unformed body. All the days ordained for me were written in Your book before one of them came to be." (Psalm 139:15-16)

Just as an artist takes a canvas into a locked studio, God took you into His hidden chamber where you were woven together. He selected your temperament threads, your character texture, the yarn of your personality; everything – before you were born.

God did not drop you into the world utterly defenceless and empty-handed. You arrived fully equipped. All the days ordained; day of birth and day of death; days of difficulty and victory; what motivates you; what exhausts you. God authored, and authors it all. Therefore, you cannot be anything you want to be; but you can be everything God wants you to be.

I used to watch my mother do embroidery. She used to embellish sturdy white cloths with colourful threads. Her artisan skills rendered common plain white cloths uncommonly unique. God did the same with you! You were "fearfully and wonderfully made" (Psalm 139:14) and "skilfully wrought" (Psalm 139:15).

You are more than a statistical chance; you are more than a marriage of heredity and society; you are more than a confluence of inherited chromosomes and childhood trauma.

Thanks to God, you have been sculpted from nothing into something. God sculpted the way you are before you even were, engraving you with all the characters that you possess and live with.

Secular society may tell you that you can be anything you want to be. But if God did not pre-pack and design you to be what you are, can you be an expert in what you are? You cannot be anything you want to be. But you can be everything God wants you to be.

When you do the most what you do the best, you put a smile on God's face. What could be better than that?

## You were created You-nique! You were created Special! Do not ever forget that!

#Some things to know about...

Mr Vikiyeto Noel Jimomi was a member of the Empowered Group on Covid-19 and involved in the following activities:

- 1. Making contact with stranded persons from Nagaland outside India and outside Nagaland
- 2. Creating awareness and coordinating with various agencies within the country and outside for facilitating the return of persons from Nagaland stranded
- 3. Collection of information and details of each returnee for providing logistic support to the various agencies
- 4. Inter-personal contact with people stranded outside. providing information and other necessary help.

# WHO INFO

## 5 ways you can help keep your children safe online

and grandparents, even music lessons — so much has shift- ness and empathy in your "virtual interactions". ed online. Being connected helps children and teenagers. Help your child recognize and avoid misinformation and age reduce the impact of this new (temporary) normal and en- -inappropriate content that may increase anxiety about the courages them to continue with their lives. But it also pre- COVID-19 virus. Many digital resources from credible organsents a new set of challenges for every parent. How can you izations like UNICEF and the World Health Organization are maximize all that the internet has to offer, while minimizing available for you and your child to learn about the virus tothe potential harm?

5 ways you can help keep your children safe online

## 1. Keep them safe with open communication:

Have an honest dialogue with your children about who they communicate with and how. Make sure they understand the value of kind and supportive interactions and that mean, discriminatory or inappropriate contact is never acceptable. If your children experience any of these, encourage them to Familiarize yourself with school policies and helplines to tell you or a trusted adult immediately. Be alert if your child appears to be upset or secretive with online activities or if they are experiencing Cyberbullying. Work with your child to As children spend more time online, they can be exposed to establish rules on how, when and where devices can be more advertising that may promote unhealthy foods, gender used.

## 2. Use technology to protect them:

Check that your child's device is running the latest software and antivirus programs, and that privacy settings are on. Keep webcams covered when not in use. For younger children, tools such as parental controls, including safe search, can help keep online experiences positive.

should never have to provide a photo or their full name to use these resources. Remember to check the privacy settings to minimize data collection. Help your child learn to keep personal information private, especially from strangers.

## 3. Spend time with them online:

Create opportunities for your child to have safe and positive

If your family is stuck at home during the Corona virus dis- online interactions with friends, family and you. Connecting ease (COVID-19) outbreak, it's likely your children are with others is more important than ever at the moment and spending a lot more time online. School, chats with friends this can be an excellent opportunity for you to model kind-

Spend time with your child to identify age appropriate apps, games and other online entertainment.

## 4. Encourage healthy online habits:

Promote and monitor good behavior online and on video calls. Encourage your children to be kind and respectful to classmates, to be mindful of what clothes they wear and to avoid joining video calls from a bedroom.

report cyberbullying or inappropriate online content.

stereotypes or age-inappropriate material. Help them recognize online ads and use the opportunity to explore together what is wrong with some of the negative messaging you see.

## 5. Let them have fun and express themselves:

Spending time at home can be a great opportunity for your children to use their voices online to share their views and support those in need during this crisis. Encourage your Be cautious of free online educational resources. Your child child to take advantage of digital tools that get them up and moving, like online exercise videos for kids and video games that require physical movement.

> Remember to balance online recreation with offline activities, including time outside, if possible.

> https://www.unicef.org/coronavirus/keep-your-child-safe-online-at-homecovid-19



breakfast was prepared by Tokulu SHG Thahekhu Village, block 7.

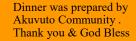


Thank you & God bless.



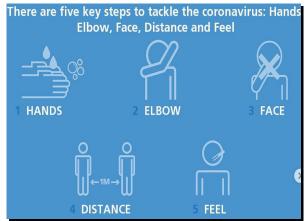


Lunch was prepared by Madam Toyeli Samson. Thank you Ma'am God bless









Special thanks to Highway Area Sumi Students' Union (HASSU), Mr. Kitoka Sumi President - HASSU & his Team for the generous contribution of food packs (snacks & ice creams) for the inmates at Q-Centre, LFI. May God bless our future leaders.





https://www.youtube.com/watch?v=QMgwQWpRjsg



### **HELPLINE NUMBERS:**

For General Help:

Medical Quick Response Team (QRT): 07630877983/06009920884/03862-227006.

Reception: 7005352003: 9436004409: 8837207330 Organiser's: 8787581778/9402832881: 8119960737

For Personal Online Counselling: 6009099799 (Female), 8730028488 (F), 8415867373 (F), 8794588394 (F), 7005575202 (Male), 7005837100 (M) Soliciting your cooperation